



Acts of Kindness

Our Clubhouse youth put together a beautiful heart felt banner for our firefighters and the support staff who have been battling the Rough Fire.



When staff took the banner to hang it up across from the fire camp in Squaw Valley, permission was given by one of the landowners in just the perfect spot.



Sarah, the landowner called the staff person over after the banner was hung, and shared the picture of the kids holding up the banner after they finished it last week which she had found on Instagram. She

had been closely following any postings related to the rough fire, and our picture came up. She shared with that staff member that she loved the banner and the picture, and when she saw it on Instagram she wished she could contact us to ask if we would hang it from her fence, but did not know who to contact.

Without knowing Sarah or her idea, the staff member asked to hang it on the exact fence Sarah was hoping for.

Creator made it happen and blessed us all!



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The next Community Advisory Board meeting will be Monday, October 19 at 10 a.m. Please join us, your voice is vital to our success!

We are always looking for dedicated volunteers, if you would like to volunteer, please contact our office at 559-320-0490

Youth News & Events!

Clubhouse is back in our school routine! Since school has started Clubhouse has been focusing on completing homework assignments and getting our 30 minutes of reading done each



day. We even have some youth who chose to go above and beyond and read for 45 minutes or more! After we complete our homework, we have begun

to work on Tribal Research Projects. So far our youth have learned about their tribes in many different aspects such as: what languages our tribes speak, where our tribes originated from, where our tribe's reservations are located, words in our languages, and specific cultural



norms our tribes practice. Clubhouse youth have all discussed that learning about their tribes and where they come from has provided them with a sense of self awareness and makes them feel proud of their culture. They have also presented the information they are learning

to their peers so each youth is able to learn about many different cultures.

Clubhouse would like to honor and thank our youth volunteers that have been coming to Clubhouse on their spare time and helping youth with their homework. Each youth appreciates their donated time and effort to help each youth complete their assignments while providing support.

Caitlin A.
Lorena M.
Augustine O.
Alexis B.



Cooking Tips for One or Two



It can be tricky when cooking for one or two to make the most of your ingredients and to minimize dishes — particularly when many recipes focus on making a meal for a family and serve four to six people. But just because you have a smaller household doesn't mean you should abandon the kitchen for takeout.

The best part of cooking for one is that there are no worries about what anyone else wants for dinner! You have the flexibility to enjoy beans with salsa and avocado or a quick omelet with veggies for dinner if you want.

The first step to dinner-for-one success is to make cooking healthy meals a priority. Planning ahead and arming yourself with a few tips and tricks will put you on the path to triumph in the kitchen. You should also become friends with your freezer. Instead of scaling down, cook up full recipes: cook once, eat twice. Save time, money and clean up by freezing soups, chili, pasta dishes and extra vegetables. Pull these 'frozen meals' out when you don't feel like cooking or just need a quick meal.

Here are more kitchen tips for one:

Grains

- Cook a batch of whole grains such as brown rice or barley and freeze in individual portions using a muffin pan. Once frozen, the discs can be stored in a zip-top bag.
- Have a six-pack of buns, English muffins, or a whole loaf of bread? Tuck those extras into the freezer for another day; wrap them tightly in plastic wrap to prevent freezer burn.
- Visit the bulk bins at your local grocery stores. You can buy exactly what you need with no waste and it's often less expensive per pound. In addition to grains, you can score a deal on dried herbs and spices as well as nuts, seeds and dried beans.

Veggies and Fruit

- Be strategic. Enjoy your most perishable fresh produce like berries and spinach early in the week before they spoil. Save heartier produce like cabbage and carrots for later in the week.
- Embrace frozen produce. Frozen can be just as, if not more, nutritious as fresh and it's there when you need it. Just choose options without added sauces and sugar.
- Bulk bags of fruits and veggies are only a better deal if you eat them before they spoil. Only buy what you can reasonably eat before the produce perishes: take extra grapes or cherries out of the bag and pare down that bunch of bananas to what you'll eat.

Protein: Meat, Poultry, Eggs, Beans

- Eggs can make a meal happen in a flash, anytime! They are an excellent source of protein and contain a bounty of nutrients such as vitamin D and choline. You can hard-boil a few on the weekend to have as an easy breakfast, snack or quick salad addition.
- Buy a whole package of meat or poultry and wrap individual portions in freezer-safe paper or place in plastic freezer bags; label each with the date and contents.

Annual

Harvest Fest **& HEALTH** **FAIR**



October 23, 2015
2:00-6:00pm

GAMES ♥ CRAFTS ♥ FOOD
ALL AGES WELCOME
COMMUNITY AGENCY INFORMATION



FAIHP
Fresno American Indian Health Project

1551 E. Shaw Ave., Ste 139 Fresno, CA 93710
(559)320-0490





CBANS kicked off outreach this month at the Central Valley Veterans Stand Down 2015. It was a great sight to see! With the many volunteers and the various agencies coming together to display their appreciation for our local Central Valley Veterans. CBANS has been working closely with our Community Coordinator Pete Molina to provide as much service and linkage to our American Indian Veteran Population.



The Tule River Pow Wow was a great experience. CBANS was fortunate enough to make it out to this sensational event. Providing information, education and all the great things that are happening not only at FAIHP, but in the Fresno community also.

CBANS continues to provide the support and linkage for all those in the Fresno community. Holding stress management beading classes two times a week. (The beading still meets on Tuesdays and Thursdays from 5:30pm-8:30pm.) The class is open to all levels of experience and is continuing to grow



throughout the months. This class offer so much more than beading lessons. If you have a chance to stop by you will be opening a door to create friendships, support and an opportunity for some self-care; not to mention the artistic skill set that it takes to bead amazing artwork!



Along with the beading classes the WISE group has been consistently meeting twice a month also. The WISE had a special guest speaker Christine, she was kind enough to share a story that was heart filled and very inspirational. The presentation provided information on the first Native American Saint, St. Kateri Tekakwitha. The presentation was eye opening and showed that our communities not only here in the valley but all across the country are so diverse and rich in culture. CBANS is all about connecting and learning more and more about the cultures of our community.

CBANS has been actively seeking new and old resources throughout the community. Homelessness is a very serious challenge and effects all communities. CBANS has been assisting and supporting our community with this challenge on an ongoing basis and will continue to help our community. CBANS would like to share a resource known as the Multi-Agency Access Program (MAP). CBANS has already established a relationship with this great agency. Every referral made has been nothing less than a great experience. If you or anyone you know would like more information or help accessing this support, feel free to contact MAP (559-512-6777) directly or call Ruben G. at 559-320-0490 for assistance. Michelle C. has also been developing housing resources, she can be also be reached at 559-320-0490.



MSPI NEWS



Teen youth showed their support for the Survivors of Suicide Loss Walk/Run. The youth had the opportunity to creatively design t-shirts and wrote messages of hope for those who needed it to help them maintain positive thoughts and bring balance to their lives. Messages included: "It's



not about where you came from. It's about where you're going," "You have so much to live for," and "No matter who you are or what you did, somebody loves you."

The youth discussed what the purpose of a "message of hope" was, how it feels to be depressed or

anxious, and how to release emotions in a healthy

way. Some were able to connect the discussion to songs they've heard about finding happiness and looking toward the future. These youth showed how supportive of one another they are and realized how much they can teach and learn from each other.

We are very proud of how much the youth are able to express themselves and use their voice to help others.



"Life is like a piano, the white key shows happiness, the black keys show sadness. But as you venture on life's journey, remember that the black keys also make music."

Teen Superstar!

This month we would like to acknowledge Elisio F. for being a great friend to all those at Clubhouse. Every Friday when Elisio meets with the other teens he is kind and giving (often sharing cookies or snacks he made at school). It's these little things that staff and youth take special notice of. Great job, Elisio/Bro-lisio!

How Does the Change in Weather Affect Our Mental Health?

By: The Huffington Post

Did you know that as the seasons change, so do our emotions? It's important to recognize changes in thoughts, feelings, and behaviors during this holiday season. Here's some helpful ideas to consider:

"Winter time can bring you down."

Seasonal affective disorder (SAD) is a real affliction, though many of us joke about having it during the winter months and it can make living in colder climates a challenge for many people. It's thought that those who suffer from SAD may be particularly affected by the lack of light during the darker winter months. Studies have found that when SAD sufferers are exposed to light, particularly during the morning hours, they tend to feel better.

"Extreme weather events contribute to mental health problems."

People living in high-risk areas for extreme weather events like hurricanes, tornadoes, floods and tsunamis may also be at high risk for physical and mental stress, not only because of the events themselves, but because of the recovery after the fact and can be at an increased risk of psychological distress; which includes stress, anxiety-related disorders, substance abuse and suicides.

"Extreme weather can bring out our empathy."

The shared hardships of severe weather can serve to bring communities together and draw out people's empathy. In the cases of more extreme weather events and other traumatic events, one of the sole upsides may be the communal spirit and acts of kindness that emerge in the event's aftermath. If you're in a good mood, chances are, bad weather



won't bring you down too much. But if you're feeling crummy already, a cold, dreary day could easily make your mood go from bad to worse.

"Temperate weather, happier people?"

Some research has identified a link between climate and self-reported happiness levels. Warmer average temperatures in the winter and lower average temperatures in the summer seem to be correlated with increased happiness. And of course, mild winters and cooler summers make it easy to get outdoors throughout the year. In addition to facilitating physical activity, simply spending time outside has been associated with lower stress levels and increased well-being.

"Don't worry, be happy...helpful tips for a good mood!"

- Exercise
- Eat a Healthy Diet
- Get Some Sun
- Act On Your Resolutions
- Treat Yourself
- Relax
- Embrace The Season
- Get Social Support
- Get Plenty of Sleep

HomeTown[®] BUFFET

Community Advisory Board Fundraiser!
Saturday, October 24, 2015

Proceeds will help pay for Special Projects & Events

Purchase your tickets at FAIHP and
from Community Board Members!

HomeTown Buffet

3744 N. Blackstone Ave., Fresno CA 93726

Date: Saturday, October 24, 2015

Time: 11:00 a.m. - 2:00 p.m.

Price Only: \$10.00




FAIHP



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OCTOBER 2015

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-------------------|--|---|---|--|--|---|
| 27 | 28 | 29 | 30 | 1 | 2 | 3 |
| 4 | 5 JUST WALK 11am-12pm at Manchester Mail | 6 Beading Class 5:30-8:30pm | 7 Exercise Class 11-12 Wellbriety 5:30 - 7:30pm | 8 Fresno WISE 12-2pm Beading Class 5:30-8:30pm | 9 | 10 |
| 11 | 12 Columbus Day JUST WALK 11am-12pm at Manchester Mail | 13 Beading Class 5:30-8:30pm | 14 Exercise Class 11-12 Wellbriety 5:30 - 7:30pm | 15 Diabetes Class 12pm-2pm Beading Class 5:30-8:30pm | 16 | 17 |
| 18 | 19 Community Advisory Meeting 10-12pm JUST WALK 11am-12pm at Manchester Mail | 20 Beading Class 5:30-8:30pm | 21 Exercise Class 11am-12pm Wellbriety 5:30 - 7:30pm | 22 Fresno WISE 12-2pm Beading Class 5:30-8:30pm | 23 Harvest Fest & Health Fair 2:00-6:00pm | 24 Community Advisory Board Fundraiser at Hometown Buffet |
| 25 | 26 JUST WALK 11am-12pm at Manchester Mail | 27 Beading Class 5:30-8:30pm | 28 Exercise Class 11am-12pm Wellbriety 5:30 - 7:30pm | 29 Beading Class 5:30-8:30pm | 30 | 31 Halloween  |
| 1 Daylight Saving | 2 | September 2015 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 | | November 2015 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 | | |

NOVEMBER 2015

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-------------------|--|---|---|---|--------|----------|
| 1 Daylight Saving | 2 JUST WALK 11am-12pm at Manchester Mall | 3 Beading Class 5:30-8:30pm | 4 Exercise Class 11am-12pm Wellbriety 5:30 - 7:30pm | 5 Beading Class 5:30-8:30pm | 6 | 7 |
| 8 | 9 JUST WALK 11am-12pm at Manchester Mall | 10 Beading Class 5:30-8:30pm | 11 Veterans Day Office Closed  | 12 Fresno WISE 12-2pm Beading Class 5:30-8:30pm | 13 | 14 |
| 15 | 16 Community Advisory Meeting 10-12pm JUST WALK 11am-12pm at Manchester Mall | 17 Beading Class 5:30-8:30pm | 18 Exercise Class 11am-12pm Wellbriety 5:30 - 7:30pm | 19 Diabetes Class 12pm-2pm Beading Class 5:30-8:30pm | 20 | 21 |
| 22 | 23 JUST WALK 11am-12pm at Manchester Mall | 24 Beading Class 5:30-8:30pm | 25 Exercise Class 11am-12pm Wellbriety 5:30 - 7:30pm | 26 Thanksgiving Office Closed  | 27 | 28 |
| 29 | 30 JUST WALK 11-12PM at Manchester Mall | 1 | 2 | 3 | 4 | 5 |
| 6 | 7 | October 2015 S M T W T F S 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 | | December 2015 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 | | |

All events are subject to change. Please call for more info (559)320-0490



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Fresno American Indian Health Project

FAIHP is a nonprofit 501(c)3 organization and depends on support from the community. All donations are tax-deductible. If you or an individual or business you know would like to make a contribution they may do so by check.

NAME: _____

ADDRESS: _____

CITY/STATE/ZIP: _____

PHONE: _____

DONATION AMOUNT: _____

Please make all checks payable to:

Fresno American Indian Health Project

1551 E. Shaw Avenue, Suite 139, Fresno CA 93710.

Our services include:

- Health Screenings
- Behavioral Health Services
- Alcohol & Drug Prevention
- Health Education Classes
- Public Health Nurse Home Visits
- Case Management
- Transportation
- Health Referrals
- Youth After School Program
- Nutrition counseling

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